



Dear Citizens,

Every year, millions of dollars are spent and thousands of hours of productivity are lost treating preventable medical conditions. I believe it is the responsibility of government to help educate its citizens to protect themselves to make the lives of all citizens better. It is important that you work to prevent diseases from slowing you down – and helping your friends and family protect themselves as well. For that reason, I am excited to launch the *B'More Healthy* Campaign.

The *B'More Healthy* Campaign is based on a simple idea – that every one of us can take control and improve our health.

I want every resident of our city to live a healthier life. The goal of this campaign is not just to avoid illness - our goal is to be healthy, and enjoy family, friends, and Baltimore.

To some, the recommendations of the *B'More Healthy* Campaign may seem like common sense, but if they were, this city would be healthier already. We need to get everyone on the same page when it comes to prevention – and we are not there yet. But with the help of this campaign, I think we can get there together.

There are 10 points in the *B'More Healthy* agenda:

- # 1 -- Have A Primary Care Doctor
- # 2 -- Be Tobacco Free
- # 3 -- Know Your HIV Status
- # 4 -- Get Help For Depression and Mental Illness
- # 5 – Be Drug Free
- # 6 – Get Immunized
- # 7 – Plan Your Family
- # 8 – Protect Your Family
- # 9 – Exercise and Eat Well

10 – Look Out for Your Neighbors

(For a comprehensive list with phone numbers and other contact information, visit the Department of Health website's [B'More Healthy page](#).)

This is a short list, but well thought out.

To remind people of the *B'More Healthy* agenda, city agencies will distribute it on a card which includes phone numbers with which people can get assistance in reaching these health goals. Cards with this information will be distributed by outreach workers to every corner of the city. The message will also be available in bus shelters.

I am confident that with your help, our message will get out to everyone in the city. The people of Baltimore can start living longer, healthier and more productive lives today if we all get behind the *B'More Healthy* Campaign.

As always, I am interested in what you think about our plan to make our city a dynamic place to LIVE, EARN, PLAY and LEARN. Please [email me](#) your comments or suggestions.

Sincerely,

Sheila Dixon
Mayor
Baltimore

Mayor Dixon to Host Her Third Neighborhood Conversation

Wednesday, June 27th, 2007

Mergenthaler Vocational Technical High School
3500 Hillen Road
7:00 p.m. – 9:00 p.m.
(Arrive at 6:30 p.m. for registration.)

Hosted by Mayor Sheila Dixon, the Neighborhood Conversation is an opportunity for citizens to speak with the Mayor and her Cabinet about issues that affect their communities. Several Agencies will be in attendance to distribute information about services and resources.

Flicks from the Hill

Thursday Starting at 9pm, June 21-August 9

Thursdays at 9pm
Next Movie: June 28th, Alfred Hitchcock's *The Birds*

FREE

The American Visionary Art Museum
800 Key Highway, Baltimore
www.AVAM.org

The American Visionary Art Museum's Hughes Family Outdoor Theater Presents "Flicks from the Hill", a series of free family films screened under the AVAM's 'Golden Hand'. On nights when a film is showing, the Museum is free from 5:00 pm – 9:00 pm.

Volunteers Needed for Artscape!

July 20-22, 2007

Artscape, the largest arts festival in the mid-Atlantic region, is in need of volunteers like you to make the festival a success! Volunteers are needed in a wide variety of areas, including the Artist Market, Art Galleries, Family Art Park, Hospitality Areas, and many others.

As a thank you, all volunteers receive one free parking pass, one free t-shirt, refreshments, and access to indoor restrooms and air conditioning!

If you are interested in volunteering for Artscape, please email BOPAvolunteer@promotionandarts.com.

Baltimore Farmers' Market

Sundays Under the JFX

Baltimore Farmers' Market:

Everyone is invited to enjoy this one-of-a-kind shopping experience at economical prices. While strolling the market, guests can revel at the sight of the large quantity of the freshest fruits and vegetables, eggs, a variety of breads from Maryland area farmers, and delight in homemade treats. In addition, food vendors add spice to the market with cultural cuisine, popular pit beef sandwiches, pastries, cheeses, and gourmet treats.

Sundays, May 6 - December 23, 2007
8am to sellout, approximately noon

Holliday and Saratoga streets underneath the Jones Falls Expressway

Activities for the Whole Family

Special Events All Around Baltimore

The Baltimore City Department of Recreation and Parks offers activities for city residents and guests - educational hikes and walks, sports leagues, youth and senior activities, and fun for the family.

Please visit [Rec & Parks' Events Calendar](#) for dates and times.



TV25: How Baltimore sees itself

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